

A Trauma Transformation Program

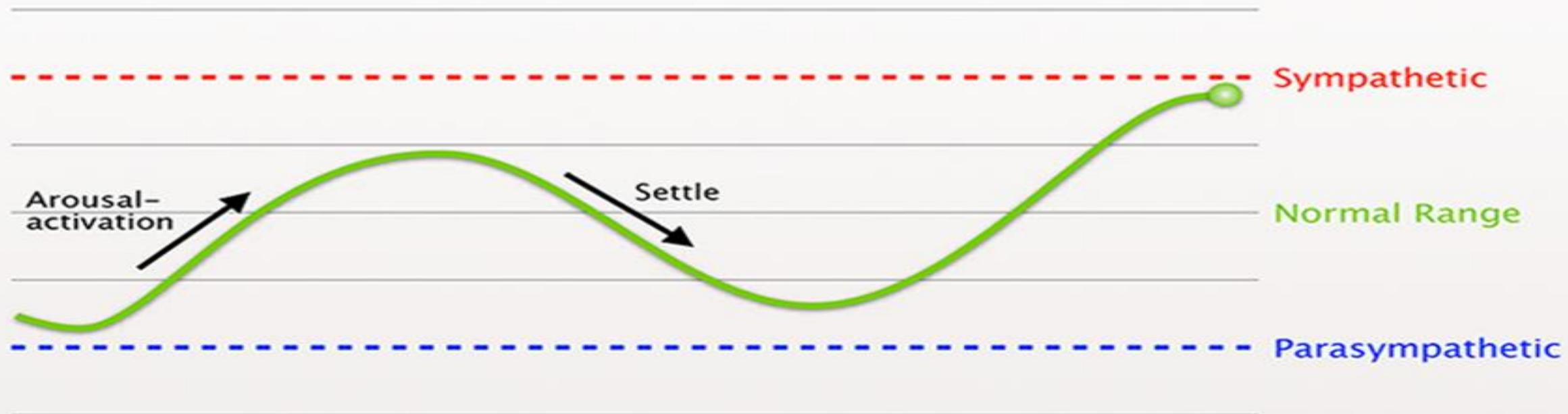
Nataschaa Chatterton, MA, SEP, RP-CRA

What is Trauma?

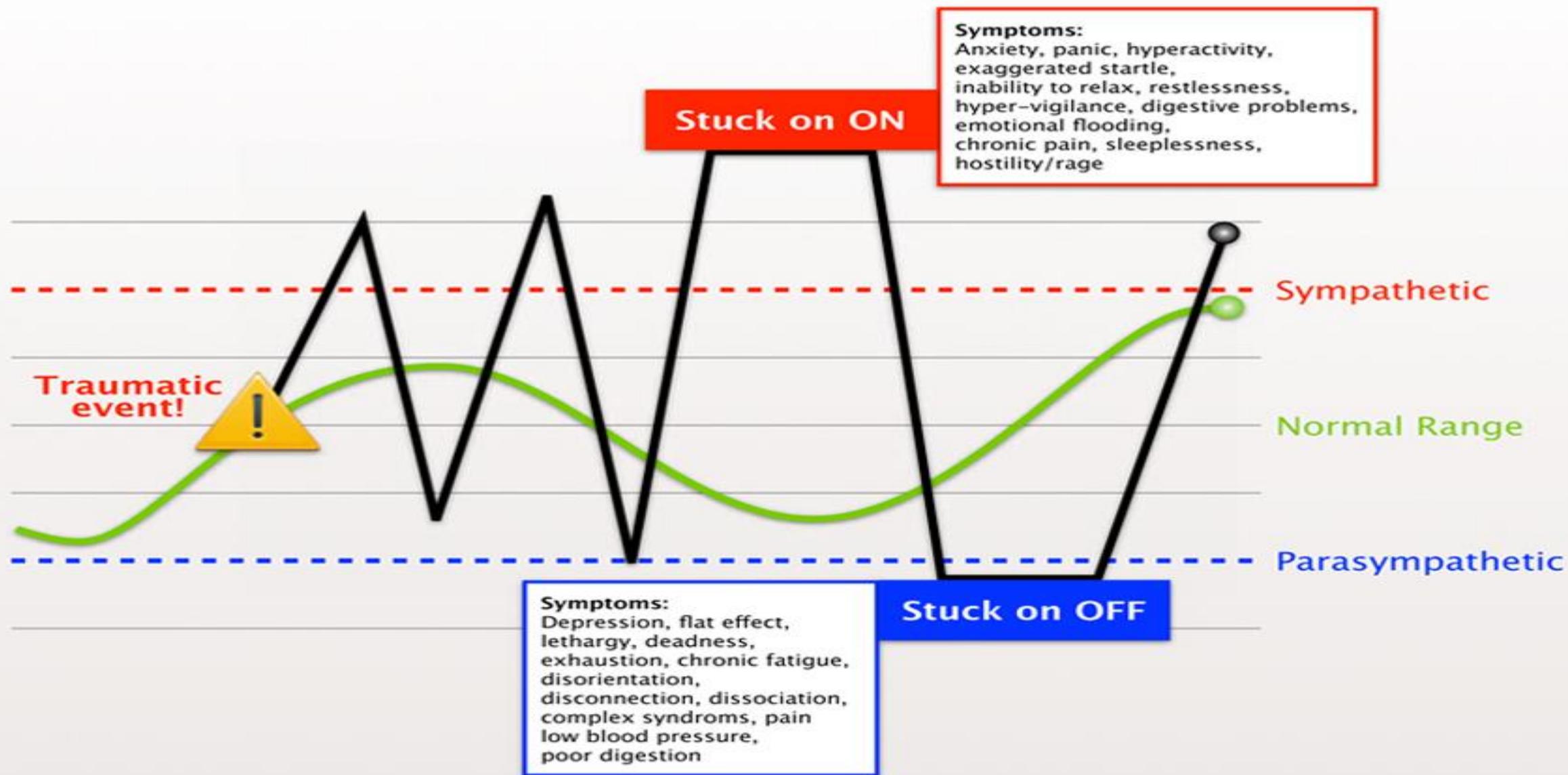
- The breaking of connection
- Not the experience, but the remembering and energy of the experience that lives in the body



A Healthy Nervous System



Symptoms of Un-Discharged Traumatic Stress



The Drive Towards Balance

- Resolution requires:
- Safety
- Presence
- Reconnection
- Ceremony
- Wisdom



Healing Complex Trauma Program

- Mind, Body, Emotional and Spiritual transformation
- Connection, Ceremony, Community, Collaboration, Co-creation
- Art, Traditional Medicines, Modern Science
- Remembering the self that has always been there



Trauma does not have to be a life sentence.
Peter Levine

- If trauma is not transformed, it is transferred.

Ashley Judd

